



Hi Everyone! I hope many of you were able to try out Level 1 of Tapping.com. I've received excellent feedback from those of you who have tried it congratulations to all of you! For those of us who require more support, I am offering a Tapping, Affirmations and Meditation course within the next few weeks. I've had a lot of requests for this class and am putting a limit of 10 people. So please email me (Fayebrandmaier@yahoo.com) if you are interested and if you have any time or place preferences or restrictions. Welcome to summer!
Faye

FUN FOOD FACTS:

The similarity between round citrus fruits, such as lemons and grapefruit, and breasts may be more than coincidental. Grapefruit contains substances called limonoids, which have been shown to inhibit the development of cancer in human breast cells.

Dental Health

Unfortunately, taking care of our teeth is often an exercise in damage control. Most of us have our share of mercury amalgam fillings. Having them removed is unpleasant, costly and risky. However if you are able to have them removed, I feel it is only worth it if the procedure is done with a holistic dentist who will use a rubber dam, high suction equipment, a high powered air filter, and follow-up mercury detox.

Whoever came up with the idea to put one of the most toxic substances on the planet in our faces is beyond me. However, most of us have them and every time we chew or drink a hot liquid, mercury vapors are released into our body.

Also, of significant importance is understanding that root canals are not really an act of "saving the tooth". Once the root is pulled, the tooth is dead. At that point the body naturally begins developing bacteria to turn the tooth back to dust. Keeping a root canaled tooth uninfected is a challenge. However, there are some things we can do to help. I know from drinking the green drink for years that I did have a small cavity "re-calcify". That was nice. I am including some teeth care tips from a client with beautiful, glowing white teeth.

- 1. home made toothpaste: combine 1/2 tsp baking soda, 1/2 tsp hydrogen peroxide, 1/2 tsp aloe vera gel (some people have sensitivities to aloe vera, so test first)**
- 2. put a spoonful of coconut oil in your mouth (let it melt) and swish it between your teeth for 5 minutes (after you brush, while in the shower...)**
- 3. water pik using 8 oz water with 1 tbsp of hydrogen peroxide**
- 4. brush, swish and spit with 1/2 teaspoon of almond oil and 3 drops of clove oil**
- 5. swish and swallow 6 sprays of silver solution**

Favorite Summer Breakfast Bowl

Ingredients:

- 1 cup of Trader Joe's Goat Yogurt (not cow)
 - 1 teaspoon of honey (optional)
 - 1/2 cup of Trader Joe's Gluten-Free Granola
 - 1/2 cup of cut-up organic fruit of choice (this is where I make the exception to mix fruit with other foods)
- Mix all ingredients together and enjoy!

For more information on Quantum Biofeedback services, classes and resources, please visit:

QuantumBiofeedback.info